

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

06 Jul 2026

### The effect of sports drink consumption on some hematological indicators, renal function and perception of difficulty in football players

#### Protocol summary

##### Study aim

The main purpose of this study is to investigate the effect of consuming sports energy drinks on hematological indicators, renal function, and the Rated Perceived Exertion of football players during football matches.

##### Design

The design of the present study includes a cross-sectional design, semi-experimental field, one-blinded in which 22 male soccer players were selected by the available sampling method. Fasting blood samples will be taken 5 days before a 90-minute football match, before the start of the game, at the end of the 90-minute match, and one day after the match in two stages. All participants will drink 2 250 ml Hype Sports Drinks at regular intervals. Then, after two weeks of rest, all of the above conditions will be repeated once again using a placebo that contains sucrose water.

##### Settings and conduct

After calling, first, a briefing session will be held for the volunteers to describe the research program, and the written consent form, physical activity preparation questionnaires, health screening, and personal information will be completed. The present research will be conducted on a football field in the city of Masal. Participants are not aware of the contents of the beverage bottle in two stages.

##### Participants/Inclusion and exclusion criteria

Inclusion: Gender (male) Age (18 to 30 years) Sports history (at least 5 years) Exclusion: Smoking ingestion of energetic supplements in the past 1 months having a history of cardiovascular disease Having a history of musculoskeletal diseases Having a history of neurological and hormonal diseases No history of surgery

##### Intervention groups

Energy drink group Placebo group

##### Main outcome variables

Renal function variables (urea; creatinine) Serum level of hematological indicators (hemoglobin mass; hematocrit

percentage; and red and white blood cell count) Rated Perceived Exertion

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20180503039517N9**

Registration date: **2021-02-01, 1399/11/13**

Registration timing: **prospective**

Last update: **2021-02-01, 1399/11/13**

Update count: **0**

##### Registration date

2021-02-01, 1399/11/13

##### Registrant information

##### Name

Soleyman Ansari Kolachahi

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 13 3375 2906

##### Email address

solomonansari@phd.iaurasht.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2021-02-18, 1399/11/30

##### Expected recruitment end date

2021-03-10, 1399/12/20

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

## Trial completion date

empty

## Scientific title

The effect of sports drink consumption on some hematological indicators, renal function and perception of difficulty in football players

## Public title

The effect of sports drink consumption on some hematological indicators, renal function and perception of difficulty in football players

## Purpose

Other

## Inclusion/Exclusion criteria

### Inclusion criteria:

Age (18-30 years) Gender (male) Have at least 5 years of football training experience

### Exclusion criteria:

Smoking ingestion of energetic supplements in the past 1 months having a history of cardiovascular disease Having a history of musculoskeletal diseases Having a history of neurological and hormonal diseases No history of surgery

## Age

From **18 years** old to **30 years** old

## Gender

Male

## Phase

N/A

## Groups that have been masked

- Participant

## Sample size

Target sample size: **22**

## Randomization (investigator's opinion)

N/A

## Randomization description

## Blinding (investigator's opinion)

Single blinded

## Blinding description

In this study, participants are unaware of the drink assigned to themselves and other participants.

## Placebo

Used

## Assignment

Crossover

## Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Ethics committee of Islamic Azad University of Medical Sciences, Rasht Branch

##### Street address

Islamic Azad university of Rasht Branch, Lakan Blv

##### City

Rasht

##### Province

Guilan

##### Postal code

۴۱۳۷۶۵۴۹۱۹

##### Approval date

2020-10-28, 1399/08/07

##### Ethics committee reference number

IR.IAU.RASHT.REC.1399.082

## Health conditions studied

### 1

#### Description of health condition studied

The effect of energy drink consumption on renal and hematological function in young footballers

#### ICD-10 code

#### ICD-10 code description

## Primary outcomes

### 1

#### Description

Renal function (Urea and Cratinine)

#### Timepoint

fasting 5 days before the match, before the start of the match, at the end of 90 minutes of the match, and one day after the match

#### Method of measurement

Using Pars Azmon laboratory kit (made in Iran)

### 2

#### Description

Serum level hematological indicators (hemoglobin mass, hematocrit percentage, and red and white blood cell count)

#### Timepoint

Fasting 5 days before the match, before the start of the match, at the end of 90 minutes of the match, and one day after the match

#### Method of measurement

Using Pars Azmon laboratory kit (made in Iran)

### 3

#### Description

Rated Perceived Exertion

#### Timepoint

One week before and at the end of a football match

#### Method of measurement

In order to know the Rated Perceived Exertion caused by a football match, one week before the protocol, people are asked to start a football match warming up in a Field and explain the understand their pressure from playing the game using the Borg pressure perception scale. And finally, perform the main protocol with a speed that is equal to the pressure of score 13.

## Secondary outcomes

empty

## Intervention groups

1

### Description

Intervention group: Energy drink. All participants will drink 2 hype 250 ml sports drinks daily (morning with breakfast and evening with dinner) for 5 days before the race, before and immediately after the race and 24 hours after the soccer match.

### Category

Other

2

### Description

Intervention group: placebo. After a two-week break, as in the previous stage, all participants will drink 2 placebo drinks daily (morning with breakfast and evening with evening) for 5 days before the race, before and immediately after the race and 24 hours after the match.

### Category

Placebo

## Recruitment centers

1

### Recruitment center

#### Name of recruitment center

Masal County Football Board

#### Full name of responsible person

Komeil Kasi

#### Street address

Islamic Azad University of Rasht Branch, Lakan Blv

#### City

Rasht

#### Province

Guilan

#### Postal code

۴۱۴۷۶۵۴۹۱۹

#### Phone

+98 13 3342 2153

#### Email

adibsaberf@gmail.com

## Sponsors / Funding sources

1

### Sponsor

#### Name of organization / entity

Islamic Azad University

#### Full name of responsible person

Alireza Seidavi

#### Street address

Islamic Azad University of Rasht Branch, Lakan Blv

#### City

Rasht

#### Province

Guilan

#### Postal code

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#### Phone

+98 13 3342 2153

#### Email

solomonansari@yahoo.com

### Grant name

### Grant code / Reference number

### Is the source of funding the same sponsor organization/entity?

Yes

### Title of funding source

Islamic Azad University

### Proportion provided by this source

100

### Public or private sector

Private

### Domestic or foreign origin

Domestic

### Category of foreign source of funding

empty

### Country of origin

### Type of organization providing the funding

Academic

## Person responsible for general inquiries

### Contact

#### Name of organization / entity

Islamic Azad University

#### Full name of responsible person

Soleyman Ansari

#### Position

Non-faculty specialist

#### Latest degree

Ph.D.

#### Other areas of specialty/work

Sport Medicine

#### Street address

Islamic Azad University of Rasht Branch, Lakan Blv

#### City

Rasht

#### Province

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#### Postal code

۴۱۴۷۶۵۴۹۱۹

#### Phone

+98 13 3342 4073

#### Email

solomonansari@yahoo.com

## Person responsible for scientific inquiries

### Contact

#### Name of organization / entity

Islamic Azad University

#### Full name of responsible person

Soleyman Ansari

**Position**

Non-faculty specialist

**Latest degree**

Ph.D.

**Other areas of specialty/work**

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**Person responsible for updating data****Contact****Name of organization / entity**

Islamic Azad University

**Full name of responsible person**

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**Email**

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**Sharing plan****Deidentified Individual Participant Data Set (IPD)**

No - There is not a plan to make this available

**Justification/reason for indecision/not sharing IPD**

Due to the confidentiality of participants' information

**Study Protocol**

Undecided - It is not yet known if there will be a plan to make this available

**Statistical Analysis Plan**

Not applicable

**Informed Consent Form**

Undecided - It is not yet known if there will be a plan to make this available

**Clinical Study Report**

Not applicable

**Analytic Code**

Not applicable

**Data Dictionary**

Not applicable